

DINNERLY



Cheesy Chicken Penne with Peas



30 minutes



2 Servings

How's this for a great take on mac 'n' cheese? We've swapped macaroni for penne, then added chicken and peas. Best of all – there's still lots of cheese!

WHAT WE SEND

- 50g cheddar ⁷
- 2 chicken-style stock cubes
- free-range chicken thigh fillets
- 5g Italian seasoning ¹⁷
- 200g penne pasta ¹
- 150g peas

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 500ml (2 cups) boiling water
- 2 tsp olive oil
- 20g butter ⁷
- 1 tbs plain flour ¹
- 60ml (¼ cup) milk ⁷
- 1 tbs dijon mustard ¹⁷

TOOLS

- box grater
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 875kcal, Fat 32.9g, Carbs 87.0g, Proteins 52.5g



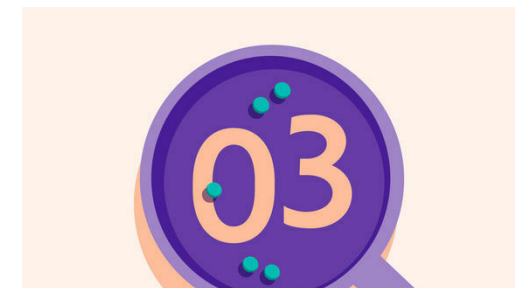
1. Prep ingredients

Coarsely grate the **cheese**. Crumble 1 **stock cube*** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve. Thinly slice the **chicken**. Put the chicken and **Italian seasoning** in a bowl, season with **pepper** and toss to coat.



2. Brown chicken

Heat **2 tsp olive oil** in a medium saucepan over medium-high heat. Cook the **chicken**, stirring, for 3 mins or until browned (the chicken won't be cooked through). Remove from the pan.



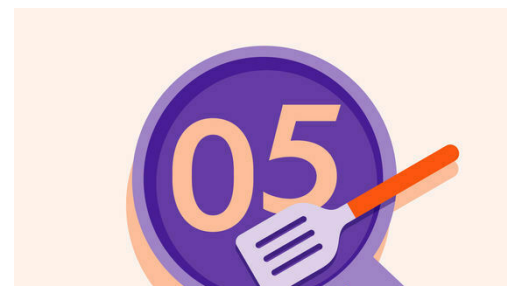
3. Make sauce

Melt **20g butter** in the same pan over medium-high heat. Add **1 tbs plain flour** and cook, stirring, for 1 min or until golden. Add the **stock**, **60ml (¼ cup) milk** and **1 tbs dijon mustard** and whisk until smooth. Add the **pasta** and **chicken** and stir to combine.



4. Simmer pasta

Bring the **pasta mixture** to the boil, then reduce the heat to medium and cook, stirring occasionally, for 10-12 mins until the pasta is tender and the liquid is almost absorbed. Stir in the **peas** and cook for a further 2 mins or until tender. Remove the pan from the heat (see Make it yours).



5. Serve up

Stir **half the cheese** into the pasta mixture. Taste, then season with **salt and pepper**. Divide the **pasta** among bowls, scatter with the **remaining cheese** and enjoy!



6. Make it yours

Turn the dish into a pasta bake by spooning the cooked pasta mixture into an ovenproof dish, sprinkling with the full amount of cheese and baking in a preheated 200C oven for 10 mins or until the cheese is melted and golden.